



## **START PARA SWIMMING - FREE TASTER SESSION**



Hosted by Shrewsbury Amateur Swimming Club

This **FREE** event is perfect for anyone new to disability swimming, or who would like to develop their swimming skills.



Open to any young person up to the age of 16 with a physical disability, (including cerebral palsy, amputees, spinal injuries, dwarfism, polio, spina bifida, multiple sclerosis, or arthrogyryposis) or a visual impairment.

You must be able to swim a minimum of 15 metres and be comfortable in deep water.

Date: Thursday 21<sup>st</sup> February 2019

Time: 6.00pm for one hour

Venue: The Quarry Swimming Centre, Priory Rd, Shrewsbury SY1 1RU

To book your place,  
please email

[para.sasc@gmail.com](mailto:para.sasc@gmail.com)

